



Smart BBQ-Spiced Chicken

with Warm Potato Salad and Green Onion Sour Cream

Carb Smart

Calorie Smart

30 Minutes



Chicken Tenders



BBQ Seasoning



Red Potato



Green Beans



Dill Pickle, Sliced



Mayonnaise



Whole Grain Mustard



Garlic Salt



Green Onion



Sour Cream



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HELLO BBQ SEASONING

This spice is the perfect blend of sweet, savoury and smoky!

Start here

Before starting, wash and dry all produce.

Bust out

Colander, measuring spoons, small bowl, large pot, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Chicken Tenders *	310 g	620 g
BBQ Seasoning	1 tbsp	2 tbsp
Red Potato	360 g	720 g
Green Beans	170 g	340 g
Dill Pickle, Sliced	90 ml	90 ml
Mayonnaise	2 tbsp	4 tbsp
Whole Grain Mustard	1 tbsp	2 tbsp
Garlic Salt	1 tsp	2 tsp
Green Onion	1	2
Sour Cream	3 tbsp	6 tbsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.

♦ Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Contact

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Cook potatoes

- Cut **potatoes** into 1-inch pieces.
- Add **potatoes, 2 tsp salt** and **enough water** to cover (by approx. 1 inch) to a large pot (use same for 4 ppl). Cover and bring to a boil over high heat.
- Once boiling, reduce heat to medium. Simmer uncovered until almost fork-tender, 8-9 min. (**NOTE:** Potatoes will finish cooking in step 4.)



Cook green beans

- After **potatoes** have cooked for 8-9 min, add **green beans** to the pot with **potatoes**. Cook until **potatoes and green beans** are fork-tender, 3-4 min.
- Drain and return **potatoes and green beans** to the same pot, off heat.



Prep and make green onion sour cream

- Meanwhile, trim **green beans**, then cut into 1-inch pieces.
- Drain **pickles**, reserving **pickle juice**, then finely chop.
- Thinly slice **green onions**.
- Add **1 tbsp green onions** (dbl for 4 ppl) and **sour cream** to a small bowl. Season with **a pinch of garlic salt** and **pepper**, to taste, then stir to combine.



Make potato salad

- Add **pickles, mustard, reserved pickle juice, mayo, remaining green onions** and **remaining garlic salt** to the pot with **potatoes and green beans**. Season with **pepper**, to taste, then stir to combine. (**TIP:** Add ½ tsp sugar [dbl for 4 ppl], if desired.)



Cook chicken

- Heat a large non-stick pan over medium heat.
- While the pan heats, pat **chicken** dry with paper towels. Season with **pepper, BBQ Seasoning** and **half the garlic salt**.
- When the pan is hot, add **½ tbsp oil**, then **chicken**. (**NOTE:** Cook chicken in 2 batches for 4 ppl, using ½ tbsp oil per batch.) Cook until golden-brown and cooked through, 3-4 min per side.**



Finish and serve

- Divide **chicken** and **potato salad** between plates.
- Dollop **green onion sour cream** over **chicken**.

Dinner Solved!